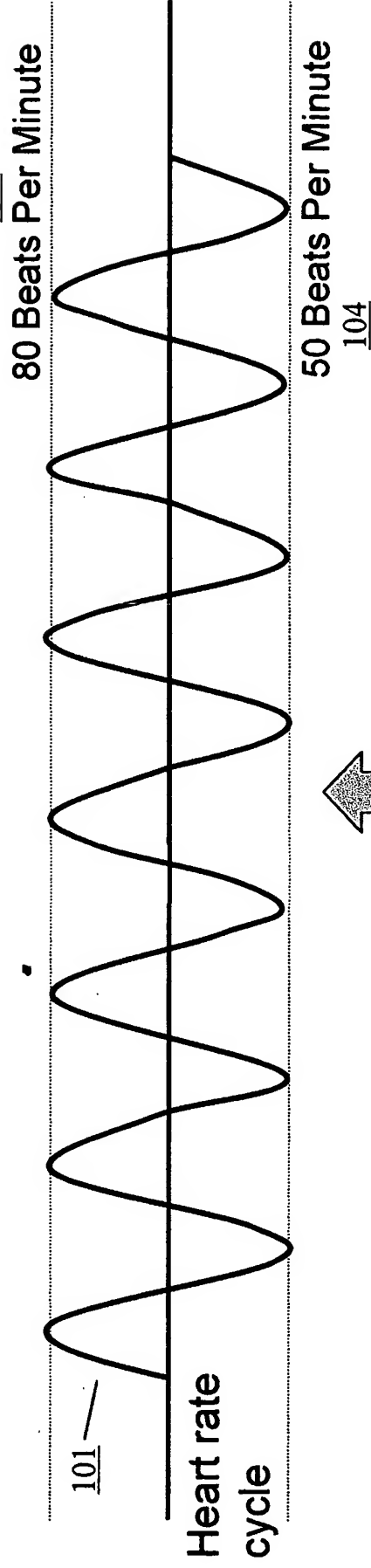
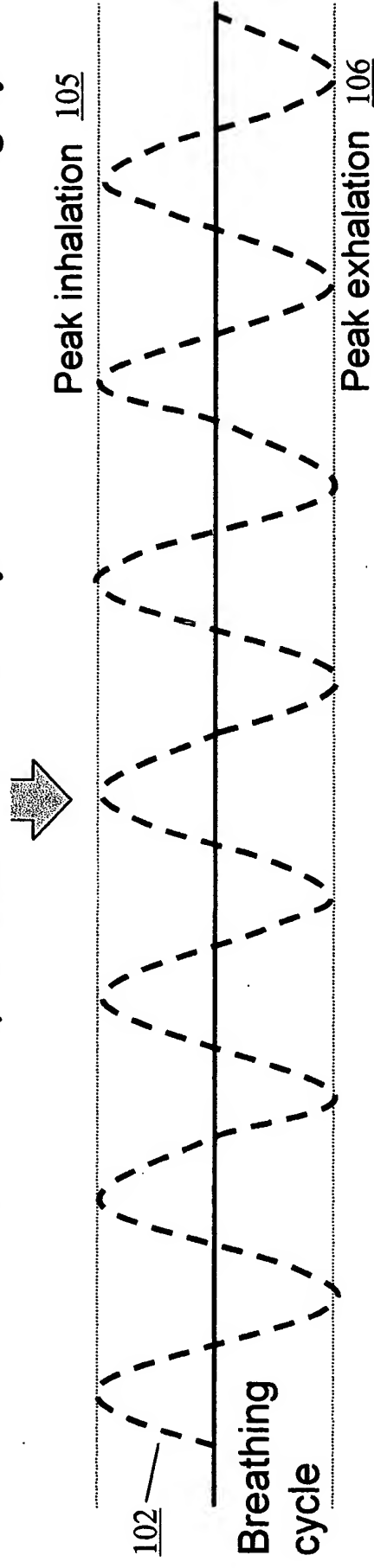


The heart has it's own rhythm or tendency toward rhythm. ¹⁰³

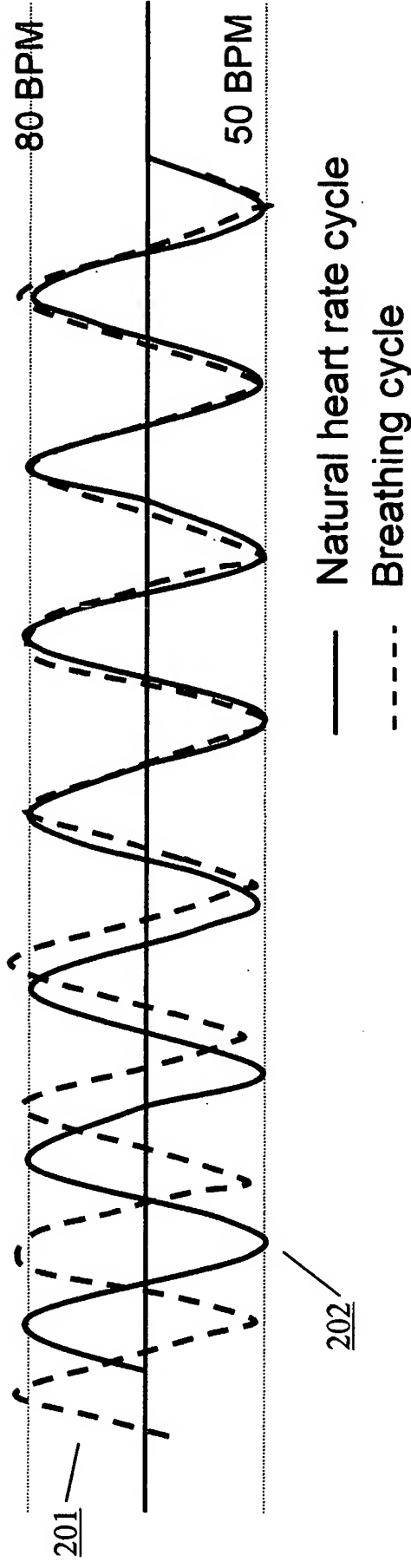


There is a relationship between the heart cycle and the breathing cycle.

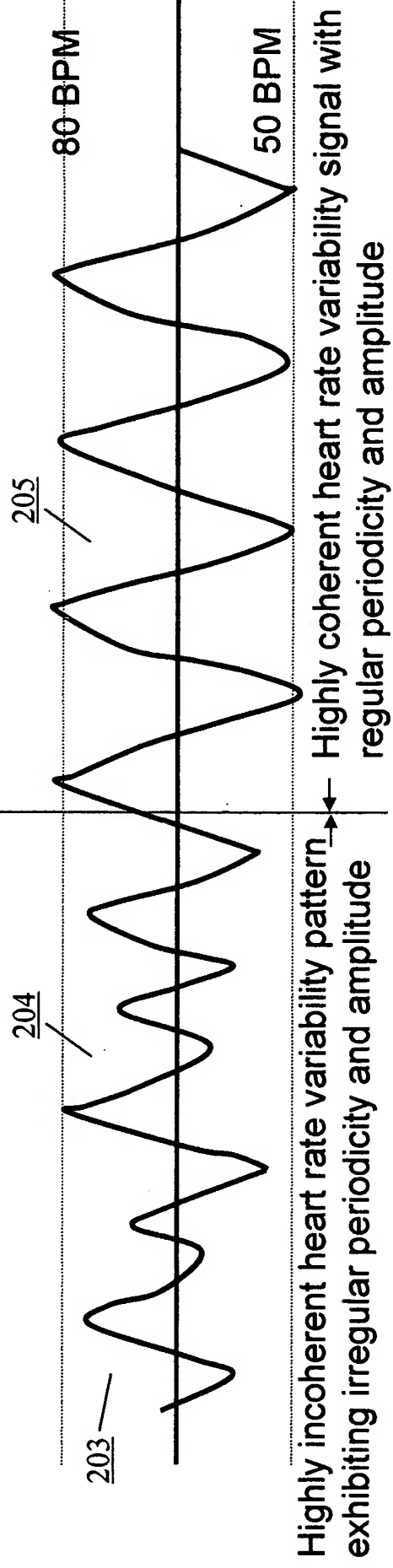


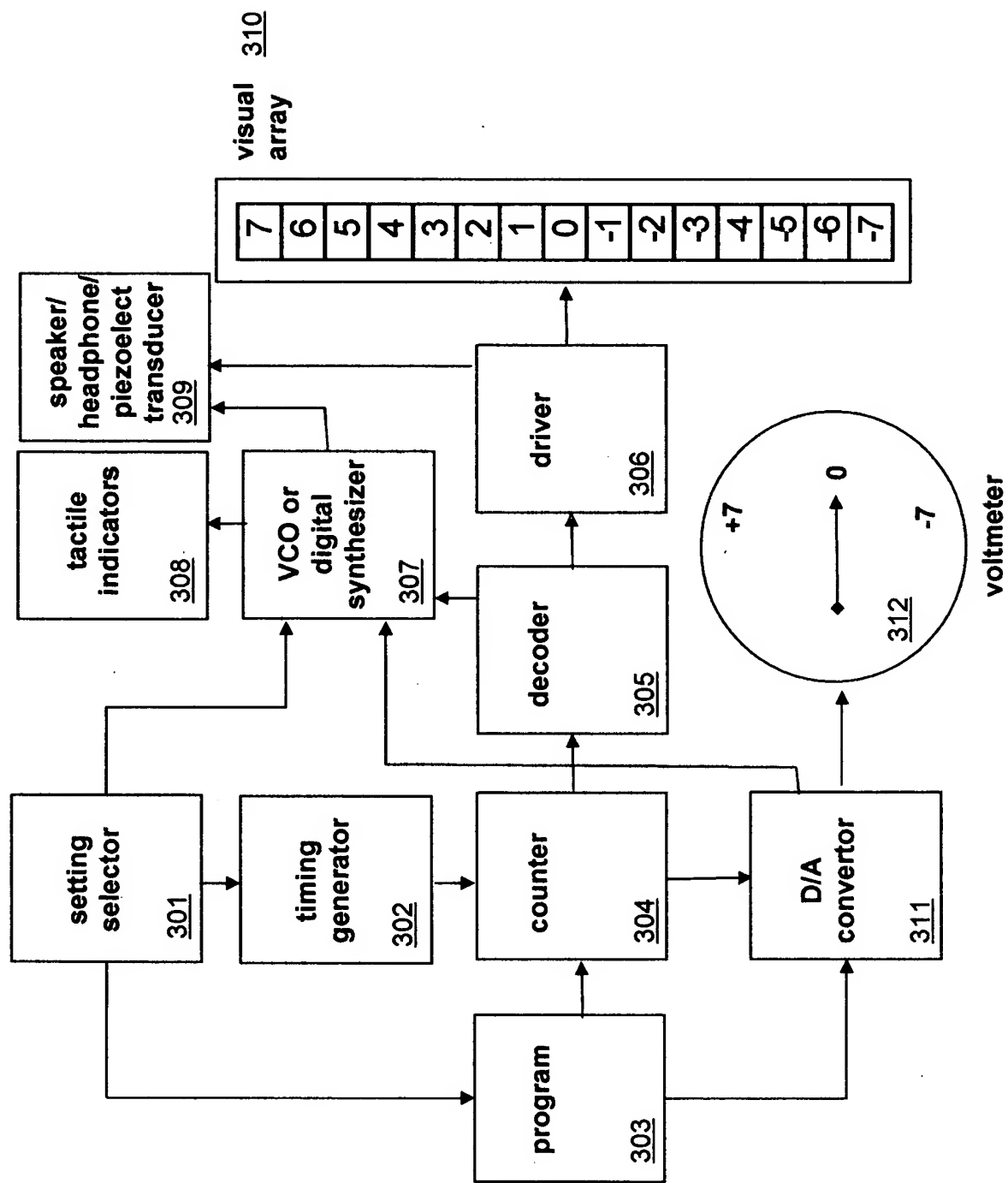
The breathing cycle has a separate but related rhythm. This rhythm can be shorter or longer than the natural heart rhythm and change dramatically with activity, etc.

Depicts the breathing cycle and the natural heart rate cycles moving from misalignment to alignment.



Resultant heart rate variability pattern:





401

402

403

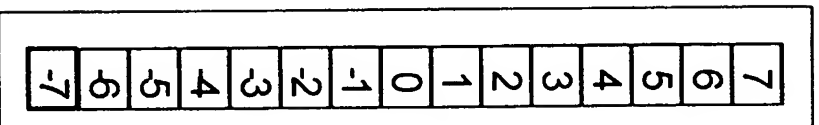
Setting Selector (Hertz)	Period (seconds)	Timing Generator Output (Hertz)
0.070	14.286	0.476
0.075	13.333	0.444
0.080	12.500	0.417
0.085	11.765	0.392
0.090	11.111	0.370
0.095	10.526	0.351
0.100	10.000	0.333

400

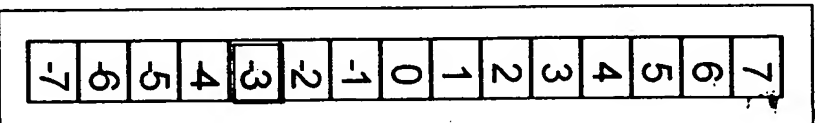
inhalation



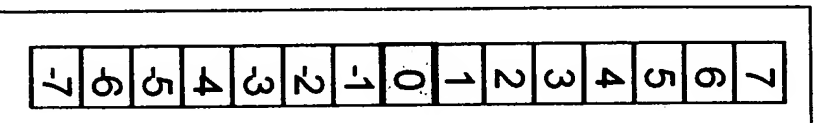
501



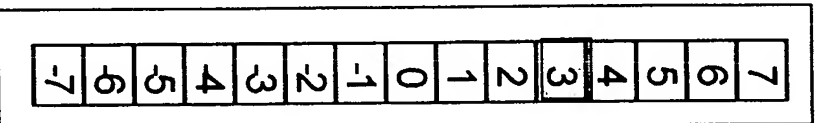
502



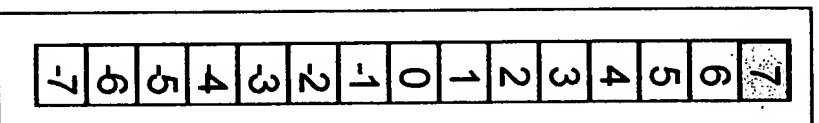
503



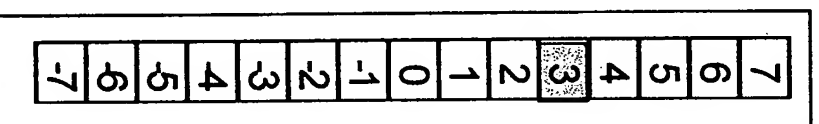
504



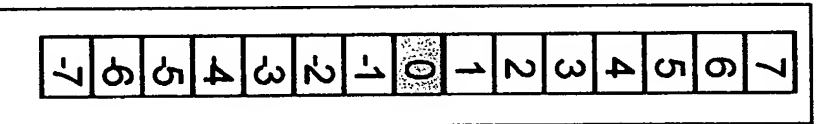
505



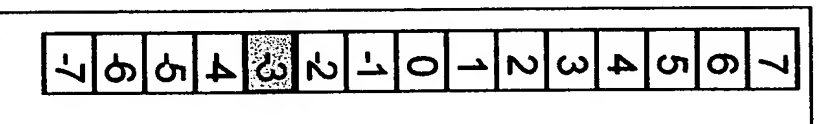
506



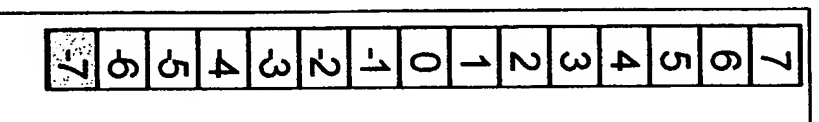
507



508



509



exhalation



t = 1

t = 2

t = 3

t = 4

t = 5

t = 6

t = 7

t = 8

t = 9

